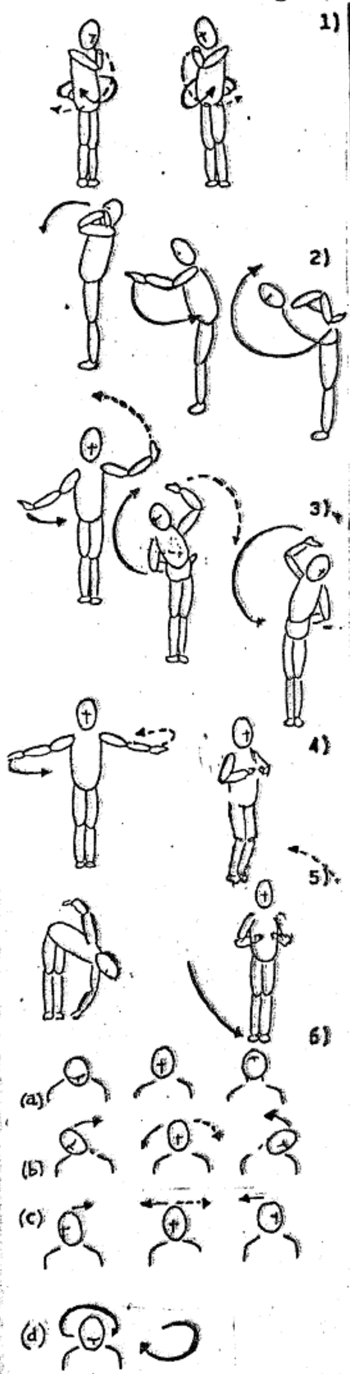
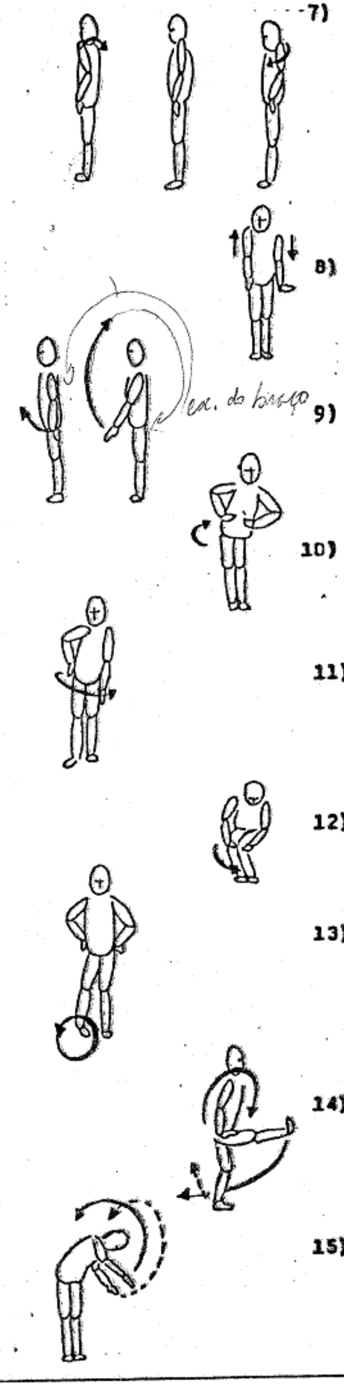
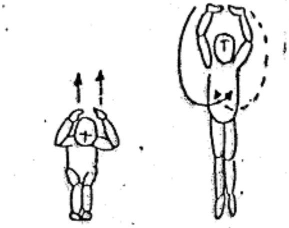

1)
2)
3)
4)
5)
6)
(a)
(b)
(c)
(d)


7)
8)
ex. do braço
9)
10)
11)
12)
13)
14)
15)

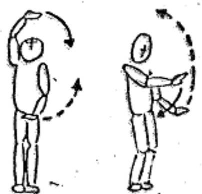
1)



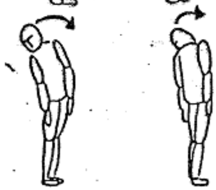
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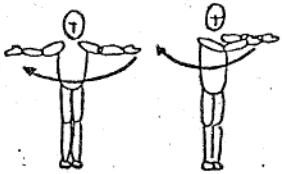
3)



4)



5)



6)



inspirar e expirar

digestivo

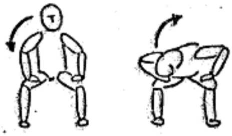
reprodutor

desbloqueando os meridianos

respiratório

sistema nervoso

7)



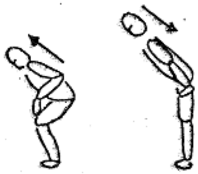
8)



9)



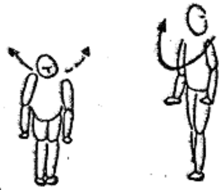
10)



11)



12)



Ob. Adaptação do folheto "Uma antiga forma de curar: exercícios_" de M.Lúcia Lee